

## Carers (Scotland) Act 2016 Briefing

The Carers (Scotland) Act 2016 was implemented in April 2018 and placed new duties on all Scottish local authorities and health and social care partnerships. The act applies to both adult and young carers and aims to support carers' health and wellbeing, to make caring more sustainable.

This briefing gives an update on developments relating to unpaid carers since our last one in October 2020. As the Coronavirus pandemic continues, our focus is to ensure we're supporting carers during this difficult time. Some scheduled work that had to change or pause has now resumed and we continue to carry out our duties under the Carers Act and make progress with actions identified in the Aberdeenshire Adult Carer and Young Carer Strategies (<http://publications.aberdeenshire.gov.uk/dataset/local-carer-strategies>)

Information regarding Coronavirus continues to be regularly updated. For latest information and advice please refer to NHS Inform (Scotland) [www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)

### Quarriers Aberdeenshire Carer Support Service

The impact of Coronavirus has been particularly difficult for unpaid carers with many having new or increased caring roles, some experiencing reduction in the support they received due to suspension of respite and day services as well as closure of services and facilities that were accessed by the person they care for to allow them a break from their caring role.

Throughout this time, Quarriers staff have continued to keep in contact with unpaid carers registered with them and a member of staff was assigned to provide health and wellbeing check-in calls to unpaid carers who required additional, regular contact. Adult Carer Support Plans (ACSP) and Young Carer Statements (YCS) are still being progressed where appropriate and staff have continued to receive Creative Break applications which have been fulfilled with alternative types of breaks for carers, in line with the restrictions such as creative packs and laptops. Scottish Government also granted additional funding to Carer Support Services in recognition of the difficulties currently faced by carers which has allowed significant support to carers locally.

Unpaid carers can still access Personal Protective Equipment (PPE) via Quarriers if they are unable to access this in another way. Quarriers has also produced extra newsletters throughout the pandemic to keep carers informed and connected.

Quarriers Aberdeenshire Carer Support Service offer advice, information and support to complete an ACSP or YCS. For information and advice for adult and young carers please contact Quarriers, Tel: **01467 538700** or Email: [aberdeenshircarers@quarriers.org.uk](mailto:aberdeenshircarers@quarriers.org.uk)

Carer Practitioners (employed by Aberdeenshire Health and Social Care Partnership), who support carers in receipt of their own SDS budget, have been making contact with them to check in and ensure that they have the support needed to continue their caring roles. These discussions have, in some cases, resulted in temporary changes to how carers use their budgets to support them to meet their outcomes where current restrictions affect this, in line with the Scottish Government/COSLA Guidance May 2020 relating to flexibility of use of Option 1 & 2 of Self Directed Support. See Good News Story at the end of this briefing for an example of this.

## **Coronavirus (COVID-19) Vaccine for Unpaid Carers**

Unpaid carers between the ages of 16 to 64 are included in group 6 on the priority list for the vaccine. Unpaid carers in receipt of Carers Allowance, Young Carers Grant and Child Winter Heating Allowance are now beginning to be called forward by letter or telephone for the vaccine as supplies allow. Unpaid carers not in receipt of these benefits will shortly have an opportunity to self-refer for the vaccine and further information is available at <https://www.nhsinform.scot/covid-19-vaccine/invitations-and-appointments/who-will-be-offered-the-coronavirus-vaccine>

Unpaid carer information on self-referral for the vaccine will also be shared by Quarriers Aberdeenshire Carer Support Service when it becomes available.

## **Local Eligibility Criteria Review for Unpaid Adult and Young Carers – We Need Your Views**

Aberdeenshire Council and Aberdeenshire Health & Social Care Partnership are in the process of reviewing Local Eligibility Criteria for Adult and Young Carers.

One of the duties of the Carers Act was on Scottish local authorities and health & social care partnerships to develop and publish Local Eligibility Criteria for carers in April 2018, following consultation with carers and all other interested stakeholders. We are required to review the Local Eligibility Criteria by April 2021 and so we're asking for views on this from anyone with an interest in support for carers.

We would greatly appreciate if you could take a few minutes to complete our surveys and give your views. The Local Eligibility Criteria, Carer Strategies and surveys for adult and young carers can be accessed here:

[Adult Carers | Engage Aberdeenshire](#)  
[Young Carers | Engage Aberdeenshire](#)

The surveys are now open and close on **Wednesday 31<sup>st</sup> March 2021 at 23:59.**

## **Carer Support Information - Literature Updates**

The [Aberdeenshire Unpaid Carer Information Pack](#) was updated at the end of 2020 and contains useful information for carers. This document is electronic, and the plan is for this information to move to a virtual space hosted by Quarriers. However, if printed information for carers is required, please contact [carersupport@aberdeenshire.gov.uk](mailto:carersupport@aberdeenshire.gov.uk)

[Aberdeenshire Young Carer Strategy 2021 to 2023](#) was launched in January 2021. The strategy builds on from the first Aberdeenshire Young Carer Strategy 2018 to 2020 and was developed through discussions with young carers and other key partners in social work, education, health and the third sector.

New young carer awareness materials were produced at the end of 2020 and shared with all primary and secondary schools in Aberdeenshire. The brightly coloured leaflets and posters were designed with input from Mackie Academy Young Carer Group and can be viewed [here](#). To request copies, please contact [carersupport@aberdeenshire.gov.uk](mailto:carersupport@aberdeenshire.gov.uk)

Please contact us if you have any feedback or suggestions for any adult or young carer support information content or distribution, by emailing: [carersupport@aberdeenshire.gov.uk](mailto:carersupport@aberdeenshire.gov.uk)

## Young Carers Action Day Quarriers Scavenger Hunt

Young Carers Action Day is an annual event led by Carers Trust, to raise awareness of the challenges faced by young carers and campaigns for greater support for them.

The theme of Young Carers Action Day 2021 is Protect Young Carers Futures; focusing on the skills young people can develop through caring and how to use these skills to reach their full potential in the future. For more information and to download resource packs visit

<https://carers.org/young-carers-action-day-2021>

To celebrate Young Carers Action Day, Quarriers are holding a fun online scavenger hunt between 4-5pm on 16<sup>th</sup> March 2021, all welcome. For more information telephone **01467 538700** or email [aberdeenshirecarers@quarriers.org.uk](mailto:aberdeenshirecarers@quarriers.org.uk)

## Young Carers – Soundscapes Project

Soundscapes is a creative project run by [sound](#), specifically for young carers in Aberdeenshire. Participants can explore the sounds of nature with composers and musicians, with activities based in Bennachie Woods or Aden Country Park, along with sessions on Zoom. To register click on the following [link](#); please note registration has been extended to 1st April 2021. For more information email: [participate@sound-scotland.co.uk](mailto:participate@sound-scotland.co.uk)

## Carer Support Webpages

Aberdeenshire Council's [Caring for Others](#) webpage [www.aberdeenshire.gov.uk/carersupport](http://www.aberdeenshire.gov.uk/carersupport) contains useful links to other carer support webpages and to documents such as Local Carer Strategies, Eligibility Criteria, Unpaid Carers Information Pack, Short Breaks Services Statement and Carers SVQ application form.

## Good News Story - An example of flexible use of a carer's budget

Jane\* is a mother of five, ranging in ages from 11 years old to adult. She has caring responsibilities for two of the five who live with her and have additional support needs with diagnoses of Autistic Spectrum Disorder and ADHD. Jane is registered with Quarriers Carer Support Service who supported her to co-produce an Adult Carer Support Plan which resulted in her being referred to a Carer Practitioner. As she met the Local Eligibility Criteria for Adult Carers, Jane was offered a budget to meet her needs and outcomes not met through Quarriers and signposting to other services.

Jane's eligible needs were in the areas of Health & Wellbeing and Life Balance as she was in need of a break from her caring role to do something for herself that would have a positive impact on her health and wellbeing. This would also enable her to be able to continue her caring role. Initially, Jane had planned to use her budget for a short break but had to cancel this due to restrictions associated with the Coronavirus Pandemic. This break has been rebooked for this year which hopefully Jane will be able to take. This allowed her to be creative in thinking about how she could use last year's budget and she decided on purchase of art materials and a sewing machine to allow a break from her caring role and provide her with much needed relaxation. Jane also used some of her budget to purchase yoga sessions which she was able to use when restrictions were lifted for a period in 2020.

Jane has particularly enjoyed using her art materials and tells us:

*'I have found that painting can take me away from the day-to-day stresses of caring... just being able to focus solely on some me time... I can plan an hour to paint into a busy day or week, knowing that it will help me relax. Giving me much needed time to charge my batteries.'*

\* Name changed for anonymity

Here is some of her fantastic work:



### Next Briefing

The next Carers Act Briefing will be circulated internally by email in September 2021. It will also be added to [Quarriers](#), [PAMIS \(Promoting a more inclusive society\)](#) and [Aberdeenshire Voluntary Action \(AVA\)](#)'s newsletters. The current briefing will be available on the Aberdeenshire Council website carer pages: [www.aberdeenshire.gov.uk/social-care-and-health/community-care/caring-for-others/carers-rights-and-legislation/](http://www.aberdeenshire.gov.uk/social-care-and-health/community-care/caring-for-others/carers-rights-and-legislation/). Previous editions are available on request by emailing [carersupport@aberdeenshire.gov.uk](mailto:carersupport@aberdeenshire.gov.uk)

If you have any queries or would like to find out what support is available to you as a carer in Aberdeenshire, please email us: [carersupport@aberdeenshire.gov.uk](mailto:carersupport@aberdeenshire.gov.uk)

### Carers Strategy Team

11 March 2021